

Dear Friend,

Will you join us as a sponsor to advocate for the well-being of children's mental health in Prince George's County, Maryland?

- 23% of children and youth nationwide have reported experiencing serious psychological distress (2021 Youth Risk Behavior Survey)
- Maryland youth experiencing depression or anxiety jumped by 36% between 2016 and 2020 (DHHS).
- Almost 66% of all Maryland youth with mental health problems are not getting the help they need (Maryland Mental Health Association).

The Prince George's County Mental Health Champions is a volunteer group of professionals who represent community-based organizations, nonprofits, mental health services, and government agencies across the county. Celebrating our 10th anniversary this year, we are engaging our county's youth to learn about their emotions, find help when needed, and live healthy lives.

Please consider becoming a sponsor. You will help increase access to mental health support and resources that will make a difference in our children's lives. We are planning exciting activities this year and need your support to make them a success!

Sponsorships are due by **Friday, April 14, 2023**. All other contributions are due by **Wednesday, May 31, 2023**. We are truly grateful for your care, concern, and partnership in championing children's mental health in our community.

Bea Rodgers  
Committee Chair, Prince George's  
County Mental Health Champions

Erica Chandler, M.S., NCSP  
Committee Co- Chair, Prince George's  
County Mental Health Champions

# 2023 ACTIVITIES



## **Come Out and Play! Event | May 5, 2023**

In collaboration with the Maryland National Capital Park & Planning Commission, Department of Parks and Recreation, Prince George's County, and other service providers, we will be co-hosting an exciting free event on Friday, May 5, 2023, at Tucker Road Ice Rink. This event will be a one-stop resource event for families, advocates, and children to come out, be creative, and learn about child and family mental health resources available throughout the county.



## **Mental Health Strolls | May, 2023**

The Prince George's Children's Mental Health Champions will host several Mental Health Strolls throughout Prince George's County sites, including schools and parks. The Stroll consists of a series of yard signs sharing how to care for your health with the Wellness Wheel! Free keychains with the Wellness Wheel will be available at select sites.



Want to host your own stroll? Order one by April 14 to have them ready in time for May Mental Health Month. Contact us at [pgworkgroupcmhm@gmail.com](mailto:pgworkgroupcmhm@gmail.com)



## **Mental Health Coloring Book, Year-Round**

Did you know creating art can be therapeutic? Countywide, we have partnered with schools, nonprofits, and agencies to collect mental health drawings made by children to compile in a free coloring book, complete with other Prince George's County mental health resources and inspirational quotes. The coloring book will be distributed physically and online.

# HOW YOU CAN PARTNER!

## **Champion- \$1,500**

- Featured as the Premier Sponsor of all 2023 CMHM Prince George's Mental Health activities and events
- Recognition on the Prince George's Mental Health Champions' social media and annual report
  - Receive 12 social media posts over the course of one year
- Recognized large logo on all promotional materials (flyers/t-shirt/Mental Health Stroll/May 5th event banner)
- Opportunity to bring greetings at the main event on Friday, May 5th
- Receive two t-shirts from the May 5th event



## **Teammate- \$750**

- Featured as a sponsor of the 2023 CMHM Prince George's Mental Health May 5th event
- Recognition on the Prince George's Mental Health Champions' social media and annual report
  - Receive six social media posts over the course of the year
- Recognized medium logo on promotional materials (flyers/t-shirt/May 5th event banner)
- Receive one t-shirt from the May 5th event



## **Partner- \$500**

- Featured as a sponsor of the 2023 CMHM Prince George's Mental Health May 5th event
- Recognition on the Prince George's Mental Health Champions' social media and annual report
- Recognized logo on promotional materials (flyers/t-shirt/May 5th event banner)



## **Donor- up to \$499**

- Listed as a donor of the 2023 CMHM Prince George's Mental Health May 5th event
- Recognition in the Prince George's Mental Health Champions annual report



## **Business In-Kind Donations**

Our Come Out and Play Event on May 5th needs your support with the following:

- Food and beverages

**Submit your contribution online**

Make a secure payment with our partners at *In Reach, Inc.*

<https://www.inreachinc.org/impact/prince-georges-childrens-mental-health-champions-2023.html>



# Thank You For Your Support!

Prince George's County Mental Health Champions



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